

FULL BODY PROGRAM PROGRAM

WEEK

1

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	8	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
ASSISTED DIP	3	8	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
MILITARY PRESS	3	8	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS IN LINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
DUMBBELL INCLINE PRESS	3	8	7	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SEATED FACE PULL	3	12	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL LATERAL RAISE	3	10	8	1-2MIN				TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
LYING LEG CURL	3	10	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	

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TOTAL TRAINING TIME:

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WEEK

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DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
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TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
MILITARY PRESS	3	8	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
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TOTAL TRAINING TIME:

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5

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FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
BARBELL HIP THRUST	3	8	9	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
PEC DECK	3	15	9	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
REVERSE PEC DECK	3	15	9	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
CABLE LATERAL RAISE	3	12	9	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
CLOSE-GRIP BENCH PRESS	3	5	7	3-4MIN				SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
DUMBBELL WALKING LUNGE	3	12	8	1-2MIN				12 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
ASSISTED DIP	3	12	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BICYCLE CRUNCH	3	10	7	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
SINGLE-ARM CABLE CURL	3	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

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TOTAL TRAINING TIME:

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NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

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TOTAL TRAINING TIME:

FULL BODY PROGRAM PROGRAM

WEEK

6

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FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
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TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
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BARBELL BENCH PRESS	3	10	8	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

FULL BODY PROGRAM

PROGRAM

WEEK

8

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
BARBELL HIP THRUST	3	8	9	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
PEC DECK	3	15	9	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
REVERSE PEC DECK	3	15	9	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
CABLE LATERAL RAISE	3	12	9	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
CLOSE-GRIP BENCH PRESS	3	5	7	3-4MIN				SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
DUMBBELL WALKING LUNGE	3	12	8	1-2MIN				12 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
ASSISTED DIP	3	12	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BICYCLE CRUNCH	3	10	7	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
SINGLE-ARM CABLE CURL	3	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	5	8	2-3MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	10	8	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME: